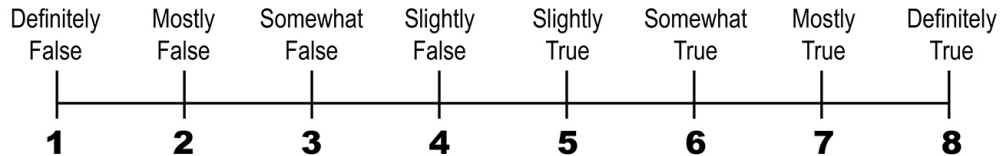


THE ADULT HOPE SCALE

Directions: Read each sentence carefully. For each sentence, please think about how you are in most situations. Using the scale shown below, please select the number that best describes **YOU** and put that number in the blank provided. There are no right or wrong answers.



- _____ 1. I can think of many ways to get out of a jam.
- _____ 2. I energetically pursue my goals.
- _____ 3. There are lots of ways around any problem.
- _____ 4. I can think of many ways to get the things in life that are most important to me.
- _____ 5. Even when others get discouraged, I know I can find a way to solve the problem.
- _____ 6. My past experiences have prepared me well for my future.
- _____ 7. I've been pretty successful in life.
- _____ 8. I meet the goals that I set for myself.

Notes: The **Agency** subscale score is the sum of items 2, 6, 7 & 8; the **Pathways** subscale score is the sum of items 1, 3, 4 & 5. **Hope** is the sum of the four **Pathways** and four **Agency** items. Scores can range from a low of 8 to a high of 64.

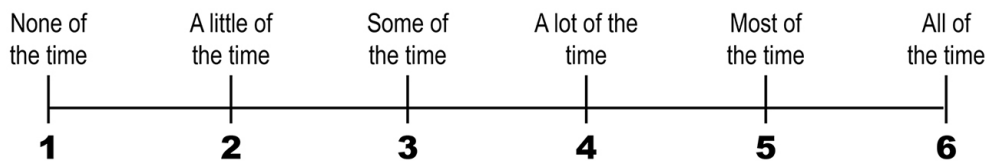
Agency Score _____ (Add items 2,6, 7, and 8)

Pathways Score _____ (Add items 1,3,4, and 5)

Total Hope Score _____ (Agency Score + Pathways Score)

THE CHILDREN'S HOPE SCALE

Directions: Read each sentence carefully. For each sentence, please think about how you are in most situations. Using the scale shown below, please select the number that best describes YOU and put that number in the blank provided. There are no right or wrong answers.



- _____ 1. I think I am doing pretty well.
- _____ 2. I can think of many ways to get the things in life that are most important to me.
- _____ 3. I am doing just as well as other kids my age.
- _____ 4. When I have a problem, I can come up with lots of ways to solve it.
- _____ 5. I think the things that I have done in the past will help me in the future.
- _____ 6. Even when others want to quit, I know that I can find ways to solve the problem.

Notes: The **Agency** subscale score is the sum of items 1, 3 & 5; the **Pathways** subscale score is the sum of items 2, 4 & 6. **Hope** is the sum of the three **Pathways** and three **Agency** items. Scores can range from a low of 6 to a high of 36.

Agency Score _____ (Add items 1,3 and 5)

Pathways Score _____ (Add items 2,4, and 6)

Total Hope Score _____ (Agency Score + Pathways Score)